# UNIT 10: CERT BASIC TRAINING
# UNIT 5 REVIEW

In this unit you will review the following information about *CERT Basic Training* Unit 5:

- **Unit Purpose**
- **Unit Objectives**
- **Key Points To Be Made in the Unit**
- **Training Videos Relevant to the Unit**
- **The Hands-on Activities in the Unit and How to Conduct Them Correctly**
- **How This Unit Connects to the Other Units**

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| **LEARNING OBJECTIVES/ PERFORMANCE OUTCOMES** | At the conclusion of this unit, the participants will be able to demonstrate knowledge of the *CERT Basic Training* course Unit 5**.** |
| **SCOPE** | The topics that will be discussed in this unit are:<br>▪ *T-T-T* Unit Overview<br>▪ Unit 5 Purpose<br>▪ Unit 5 Learning Objectives<br>▪ Unit 5 Key Topics<br>▪ Training Videos in Unit 5<br>▪ Hands-On Activities in Unit 5<br>▪ Tips for Teaching Unit 5<br>▪ How Unit 5 Connects to Other *Basic Training* Units<br>▪ *T-T-T* Unit Summary |
| **ESTIMATED COMPLETION TIME** | 60 minutes |
| **TRAINING METHODS** | The instructor begins by asking what the purpose and learning objectives of the *CERT Basic Training* unit are. The instructor then asks participants to identify how the objectives are met in the unit.<br>Next the instructor reviews the key topics of the *CERT Basic Training* unit and indicates what training videos are recommended for the unit.<br>The focus of this *CERT Basic T-T-T* unit is on the hands-on activities: their purpose, what latitude instructors have in conducting them, and the correct way to conduct them.<br>Finally, the instructor reviews how the *CERT Basic Training* unit is connected to the other units in the *CERT Basic Training* course.<br>Please be advised that, as a general rule, the instructor is encouraged to add pertinent information to this guide, but should never subtract material. |

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| **RESOURCES REQUIRED** | ▪ *Community Emergency Response Team Basic Train-the-Trainer* Instructor Guide (for Train-the-Trainer instructors)<br>▪ *Community Emergency Response Team Basic Train-the-Trainer* Participant Manual (for all participants)<br>▪ *Community Emergency Response Team Basic Training* Instructor Guide (for all participants)<br>▪ PowerPoint slides 10-1 to 10-13 |
| **OTHER RESOURCES** | There are two short videos (5-6 minutes each) that should be shown when discussing how to conduct the Unit 5 training activities correctly.<br>*1. Demonstrating Victim Carries*<br>*2. Coaching Hands-on Practice: Victim Extrication*<br><br>The videos are available at the National CERT Web site: http://www.fema.gov/cert. |
| **EQUIPMENT** | The following additional equipment is required for this unit:<br>▪ A computer with PowerPoint software<br>▪ A computer projector and screen |
| **PREPARATION** | None required |

**NOTES**

A suggested time plan for this unit is as follows:

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| *T-T-T* Unit Overview | 1 minute |
| Unit 5 Purpose | 1 minute |
| Unit 5 Learning Objectives | 5 minutes |
| Unit 5 Key Topics | 5 minutes |
| Training Videos in Unit 5 | 1 minute |
| Hands-On Activities in Unit 5 | 30 minutes |
| Tips for Teaching Unit 5 | 15 minutes |
| How Unit 5 Connects to Other Basic Training Units | 1 minute |
| *T-T-T* Unit Summary | 1 minute |

Total Time: 60 minutes

# Unit 10: CERT Basic Training Unit 5 Review

| INSTRUCTOR GUIDANCE | CONTENT |
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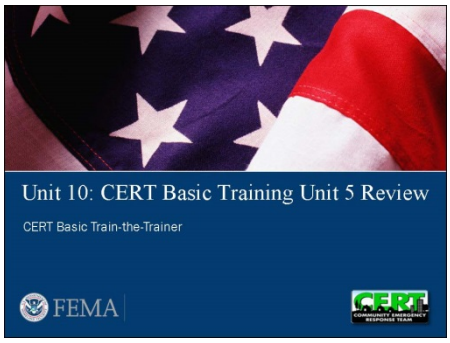
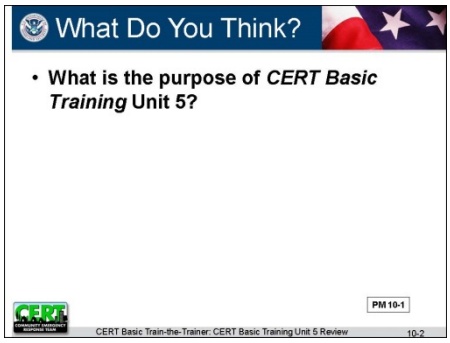
|  <br>**Display Slide 10-1** | ***T-T-T Unit Overview***<br>Explain that this unit reviews the content and activities in *CERT Basic Training* Unit 5. It also looks at how Unit 5 connects to the other units in the *CERT Basic Training* course. |
| Encourage participants to use the *CERT Basic Training* Instructor Guide to find the answers to the questions.<br><br>  <br>**Display Slide 10-2**<br><br>Conduct a class discussion based on this question. | ***Unit 5 Purpose***<br><br>**What is the purpose of *CERT Basic Training* Unit 5?** |

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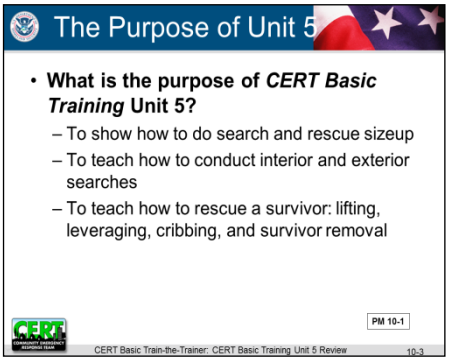
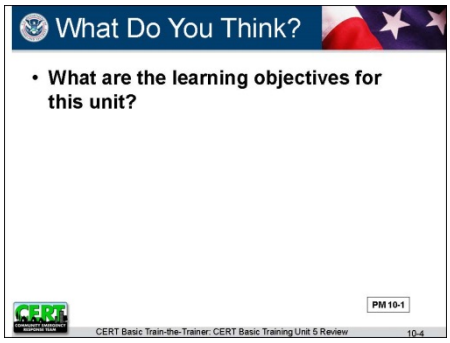
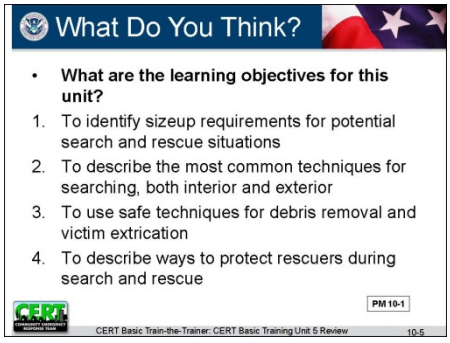
|  <br>**Display Slide 10-3** | Summarize the discussion by reviewing the slide.<br>The purpose of *CERT Basic Training* Unit 5 is:<br>▪ To show how to do search and rescue sizeup<br>▪ To teach how to conduct interior and exterior searches<br>▪ To teach how to rescue a survivor: lifting, leveraging, cribbing, and survivor removal |
|  <br>**Display Slide 10-4**<br>Conduct a class discussion based on this question. | ***Unit 5 Learning Objectives***<br>**What are the learning objectives for this unit?** |
|  <br>**Display Slide 10-5** | Summarize the discussion by reviewing the slide.<br>Give the learning objectives for this unit:<br>1. To identify sizeup requirements for potential search and rescue situations<br>2. To describe the most common techniques for searching, both interior and exterior<br>3. To use safe techniques for debris removal and survivor extrication<br>4. To describe ways to protect rescuers during search and rescue |

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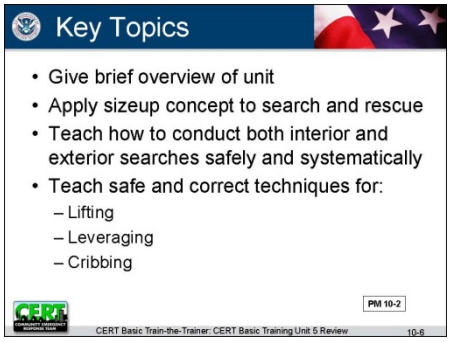
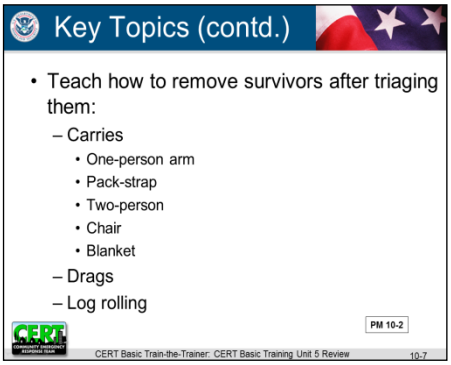
|  <br><br>**Display Slide 10-6**<br><br>  <br><br>**Display Slide 10-7** | ***Unit 5 Key Topics***<br><br>Explain that, in this unit, the instructor needs to do the following:<br><br>▪ Give a brief overview of the unit and the material that will be covered.<br><br>▪ Apply the sizeup concept to search and rescue.<br><br>▪ Teach how to conduct both interior and exterior searches safely and in a systematic manner.<br><br>▪ Teach safe and correct techniques for lifting, leveraging, and cribbing.<br><br>▪ Teach how to remove survivors after triaging them:<br><br>• Carries: one-person arm, pack-strap, two-person, chair, blanket<br><br>• Drags<br><br>• Log rolling |
| | ***Training Videos for Unit 5***<br><br>If time permits, the 32-minute video (or portions of it) *CERT Training: Safety in the Post-Disaster Environment,* is recommended for this unit. The video provides an overview of safety considerations for CERT responders and is available for download at the National CERT Web site www.fema.gov/cert/. |

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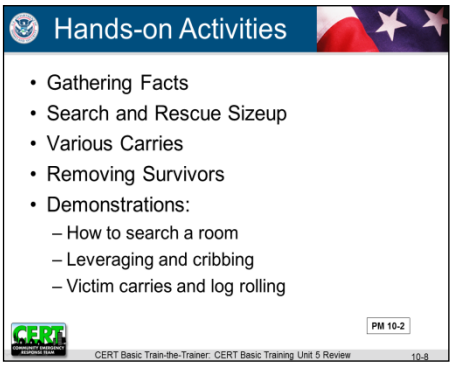
|  <br>**Display Slide 10-8** | ***Hands-on Activities in Unit 5***<br><br>**Gathering Facts (*CERT Basic Training* IG pp. 5-18 to 5-19.)**<br><br>Purpose<br><br>To give the participants the opportunity to consider some of the facts that CERT search and rescue teams will need to gather during sizeup<br><br>Latitude to Adapt<br><br>The scenario may be changed to fit your community's needs.<br><br>How to Do the Activity Correctly<br><br>▪ Conduct the activity as it is written.<br><br>Suggestion: Take a picture of a building from the local area. Use the photo to elicit the types of information that should be gathered. Relate this to the next topic on sizeup.<br><br>**Search and Rescue Sizeup (*CERT Basic Training* IG p. 5-35.)**<br><br>Purpose<br><br>To give the participants an opportunity to practice some of the thinking processes involved in planning and search and rescue sizeup<br><br>Latitude to Adapt<br><br>Conduct the activity as it is written. |

| INSTRUCTOR GUIDANCE | CONTENT |
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| | How to Do the Activity Correctly<br>▪ The exercise is based on several different types of local buildings (one for each small group) for the most probable type of incident that the community will face.<br>▪ Prepare realistic scenarios in advance of the session and have copies for each participant. Include the following types of information in the scenarios:<br>• Type of event<br>• Intensity/severity/duration<br>• Occupancy affected<br>• Current/forecast weather conditions<br>• Time of day and week<br>• Other factors that may affect search and rescue operations<br>▪ Provide participants with information about probable damage caused by local hazards (e.g., earthquakes, floods, hurricanes, tornados) to types of construction.<br><br>**Various Carries (*CERT Basic Training* IG pp. 5-56 to 5-66)**<br><br>Purpose<br>To practice how to do various carries<br><br>Latitude to Adapt<br>Conduct the activities as they are written. |

| INSTRUCTOR GUIDANCE | CONTENT |
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| Show the 5-6 minute video, *Demonstrating Victim Carries*.<br><br>Show participants how to test a chair. | <u>How to Do the Activity Correctly</u><br><br>▪ Demonstrate the carry first with a volunteer or another instructor. Note: If you plan to use a chair in the classroom for a chair carry demonstration, be sure to test the chair.<br>▪ Give permission for participants to opt out of any carry with which they don't feel comfortable.<br>▪ Remind the participants that CERT members' safety is the number one priority.<br><br>**Survivor Extrication (*CERT Basic Training* IG p. 5-67)**<br><br><u>Purpose</u><br><br>To practice the removal of survivors from a collapse situation, using leveraging/cribbing and drags and carries<br><br><u>Latitude to Adapt</u><br><br>▪ Create a more realistic scenario by using two or three rooms simultaneously so that there are several "rescues" occurring at once.<br>▪ If there are more groups of six than there are "collapse sites," have one group observe while another conducts extrication at one site. When groups rotate, observers and rescuers will switch.<br>▪ If rescue dummies are available, use them as the entrapped survivors at the "collapse sites," allowing all members of the group to practice as rescuers. |

| INSTRUCTOR GUIDANCE | CONTENT |
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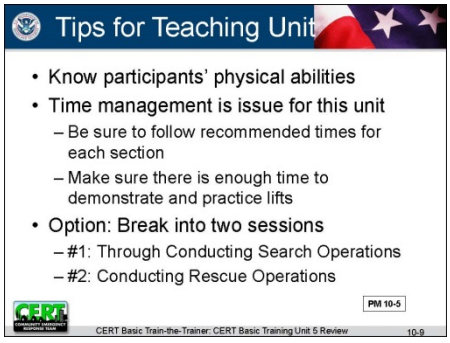
| Show the 5-6 minute video on how to conduct and coach the leveraging and cribbing activity. | <u>How to Do the Activity Correctly</u><br>▪ Conduct the activity as it is written.<br>▪ Instructors should observe each group and correct errors that they see.<br><br>**Demonstrations**<br>There are a number of demonstrations in this unit. Prepare for them and practice them:<br>▪ How to search a room<br>▪ Leveraging and cribbing<br>▪ Survivor carries and log rolling<br><br>Don't wait until the end of the course and then have participants practice leveraging and cribbing with a 600-pound slab of concrete. Set up a demonstration in the classroom so participants can begin to get familiar with the principle of the fulcrum and with the nomenclature used before they actually work with large objects. |
|  <br>**Display Slide 10-9** | ***Tips for Teaching Unit 5***<br>▪ It is important to know your audience and their physical abilities.<br>▪ Time management is often an issue for this unit. Be sure to follow the recommended times for each section. Make sure there is enough time to demonstrate and practice the lifts.<br>▪ For the purposes of time and comprehension, this unit may be divided into two units and taught separately. Should you choose to do this, you are advised to teach through "Conducting Interior and Exterior Search Operations" in the first session and resume with "Conducting Rescue Operations" in the second session. |

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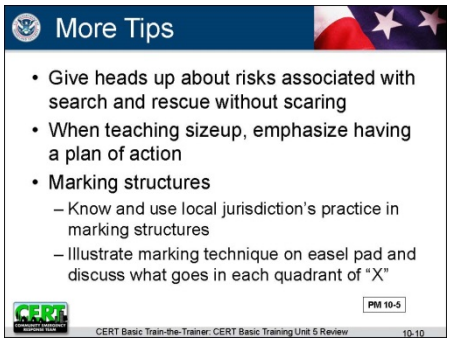
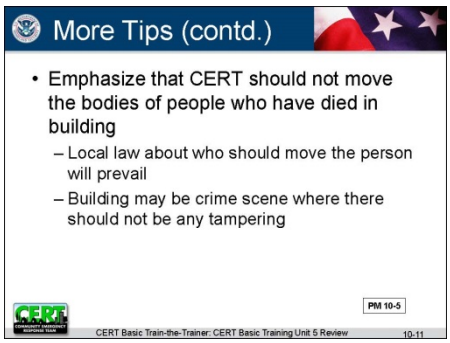
|  <br>**Display Slide 10-10** | ▪ Give participants a heads up about the risks associated with search and rescue without scaring them.<br>▪ When teaching sizeup, emphasize having a plan of action.<br>▪ Marking structures: Know your local jurisdiction's practice in marking structures. If the local jurisdiction's procedures are different from those in the *CERT Basic Training* course, teach the local requirements.<br>▪ Marking structures: Illustrate the marking technique on an easel pad and discuss what goes in each quadrant of the "X." |
|  <br>**Display Slide 10-11** | ▪ Emphasize that the CERT should not move the bodies of people who have died in a building as local law about who should move the person will prevail. In addition, the building may be a crime scene where there should not be any tampering. |

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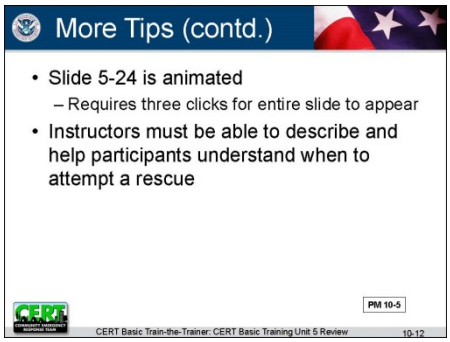
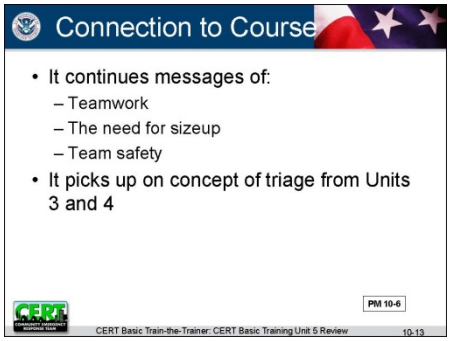
|  <br>**Display Slide 10-12**<br><br>Conduct brief discussion. | ▪ Note that Slide 5-24 is an animated slide and requires three clicks for the entire slide to appear. It shows the sequence of information to be added to the "X."<br>▪ Instructors must be able to describe and help participants understand when to attempt a rescue.<br><br>**Do you have any other tips?** |
|  <br>**Display Slide 10-13** | ***How Unit 5 Connects to Other CERT Basic Training Units***<br><br>It continues the messages of:<br><br>▪ Teamwork<br>▪ The need for sizeup<br>▪ Team safety<br><br>It picks up on the concept of triage from Units 3 and 4. |
| | ***T-T-T Unit Summary***<br><br>This unit has provided information on *CERT Basic Training* Unit 5.<br><br>**Do you have any questions about anything covered in this unit?** |

| INSTRUCTOR GUIDANCE | CONTENT |
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| | **Transition**<br>The next unit will provide information about how to effectively manage the classroom. |

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